

iStart Smart for Teens Courses Messages Diary Fitbit student: Jyu-Lin Chen Settings Logout


**ISTART SMART FOR TEENS**  
Week 1

- Introduction
- Balance
- 5210
- Fitness Corner
- Step by Step Goals
- SMART Goals
- Wrap-up
- Lesson evaluation
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### Introduction

iStart Smart Week 1 Introduction



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### 5210

Childhood Obesity Initiative 5210 Messaging Campaign



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